Episodes 1 & 2 Vulva La Revolution, with guest Dr Tamara Hunter

HOW TO START THE CHAT

Six sentences from Episodes 1 and 2- the ones worth borrowing. You don't have to use all of them, or any of them today.

1

"WHAT WERE YOUR PERIODS ACTUALLY LIKE WHEN YOU WERE MY AGE?"

ASK YOUR- Mum, Auntie, Older Sister

Endometriosis is seven times more likely if someone in your family has it. So this isn't small talk- it's medical information a doctor will ask you for. It's also the easiest door into a much bigger conversation.

2

"I'm not coping with this. Can we see someone?"

SAY IT TO- a parent or trusted adult

Dr Hunter doesn't measure periods in millilitres. She measures them in what they cost you: changing a pad every hour, leaving class, sheets in the wash, staying home, skipping sport or dance. If that's you, you already meet the bar.

3

"I appreciate that, but I'm not coping. If this isn't your area, please refer me to someone whose area it is."

SAY IT TO - a doctor or parent who says it's normal, or that you'll grow out of it

How to advocate for yourself at the with a medical professional not hearing or acknowledging what you're going through. Another option is when you walk out the front desk, ask to book in with someone else. Pain isn't something you grow out of- left alone it can get worse.

4

"I don't know if this is normal, and I don't want to find out from TikTok"

SAY IT TO- a parent, a school nurse, a GP

Nobody borrows a library book on anatomy, so everyone searches social media instead- which Dr Hunter calls the wrong place for anatomical information, full of bodies that aren't real.

5

"I've been worrying about how I look."

SAY IT TO - a parent or trusted adult

Your anatomy is still changing into your early twenties, and the range of normal is enormous- the Labia Library and The Great Wall of Vulva exists to show you exactly that.

6

"It hurts to use a tampon."

SAY IT TO - a GP, a parent or trusted adult

Experiencing Pain with tampon insertion, or if it's painful to the touch, can be one of the ways vulvodynia and vaginismus show up. Both have names, both are treatable, and the person who helps most is often a pelvic floor physio.

IF YOU ONLY TAKE ONE THING...

Dr Tamara Hunter, on being told to take two Panadol and get on with it...

"Even if there is nothing pathologically wrong, they have pain... and their quality of life is suffering. And we want every teenage girl to reach her potential."

This is a conversation starter, **not** medical advice. **Nothing here replaces seeing a doctor.**
If something feels wrong, tell someone. Keep telling people until one of them listens.

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